

## **Annotated Bibliography for NKA Pain Management Seminar #2**

1. Birch, Beryl Bender. (1995). *Power Yoga: The Total Strength and Flexibility Workout*. New York: Fireside Books, a division of Simon & Schuster. Executive Summary: Classical Yoga updated with a modern look. Ms. Birch presents a series of comprehensive yoga routines. Her information on breathing is particularly useful, especially the Ujjayi Breathing technique.
2. Birch, Beryl Bender. (2000). *Beyond Power Yoga: 8 Levels of Practice for Body and Soul*. New York: Fireside Books, a division of Simon & Schuster. Executive Summary: Ms. Birch follows her Power Yoga techniques with further yoga routines leading to yoga meditation.
3. Davies, Clair. (2001). *The Trigger Point Therapy Workbook: Your Self-Treatment Guide for Pain Relief*. Oakland, CA: New Harbinger Publications. Executive Summary: Davies presents a comprehensive system for trigger point self-care. Many illustrations and clear instructions make this manual very valuable for the beginner.
4. Finando, Donna and Finando, Steven. (2005). *Trigger Point Therapy for Myofascial Pain: The Practice of Informed Touch*. Rochester, VT: Healing Arts Press. Executive Summary: A comprehensive presentation of Trigger Point Therapy with many diagrams. This volume from Donna Finando is intended for professionals, like massage therapists and physical therapists.
5. Finando, Donna. (2005). *Trigger Point Self-Care Manual for Pain-Free Movement*. Rochester, VT: Healing Arts Press. Executive Summary: Finando's presentation of trigger point therapy techniques for self-care. Intended for a general audience.
6. Hennessey, Dan. (2006). *Thera Cane® for Deep Pressure Massage Owner's Manual*. Denver, CO: Thera Cane Co. Executive Summary: This 16 page booklet accompanies every Thera Cane and provides basic instructions for using the Thera Cane for trigger-point deep pressure massage.
7. Rolf, Ida P. (1978). *Rolfing: The Integration of Human Structures*. New York: Harper & Row, Publishers; Paperback reprint of the 1977 hardcover edition, published by Dennis Landman Publishers. Executive Summary: Dr. Rolf presents her comprehensive system of deep tissue massage. This volume is intended for professionals, and it fits very nicely with the information on trigger point therapy. One of her interesting insights is that emotional responses can be embedded in the muscles and ligaments. She discovered that while performing deep tissue massage, many of her clients would spontaneously burst into tears when she massaged certain areas, and they would have a memory recalling some earlier emotional event. Compare this with the material on the Jacobson Effect.
8. Todd, Mabel E. (1968). *The Thinking Body: A Study of the Balancing Forces of Dynamic Man*. Princeton, NJ: Princeton Book Company, Publishers; Originally published in 1937

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by Paul B. Hoeber, Inc., NY and London. Executive Summary: This classic volume is a masterful guide to the architecture of the human body. It is the perfect introduction to anatomy and functional dynamics for students of yoga, athletics, dance, and theater. Highly recommended.

9. Van Lysebeth, André. Congreve, Carola (Tr.). (1971). *Yoga Self-Taught*. New York: Harper & Row, Publishers; First paperback printing in 1973 by Barnes & Noble Books. Executive Summary: This is Dr. Van Lysebeth's presentation of the classical Rishikesh Series of Yoga Asanas. He also includes instruction in relaxation, the bandhas, and the Salutation to the Sun.
10. Van Lysebeth, André. (1999). *Yoga Self-Taught*. Boston, MA: Weiser Books. Executive Summary: A reprint of the 1971 volume with very few changes to the original text except for a major modification of Chapter 2: The Spirit of Hatha-Yoga where the rather lengthy quotation from Swami Shivananda is removed and replaced with a meaningless and trite quotation from Sir John Woodroffe - pp. 19-20 in the original, pp. 5-6 in the new version.